

thePost

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NEWSNOTES

Public Lands celebration to benefit Laurel Pond

Volunteers are needed as Fort Dix will celebrate Public Lands Day at Laurel Pond Sept. 30 from 10 a.m. to 3 p.m. Projects will include plantings, clean-up and other environmentally-friendly tasks.

Refreshments will be served, and t-shirts will be given to the first 100 volunteers. Remember to dress for yard work.

For more information or to register, call 562-2467.

Soldier Show headed for Dix

The 2006 U.S. Army Soldier Show will take the stage at Timmermann Center Oct. 24 and 25 at 7 p.m. Performances are open to the public.

The show is a high-energy 90-minute live musical review showcasing the talents of active duty Soldiers who are selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They come from infantry, transportation, military police, medical, intelligence, aviation, signal and other tactical units. The show is assembled in six weeks, and then tours for 16 1/2 months.

New cast members are selected each year. Aspiring Soldiers worldwide submit application packages that include videotapes, biographies, photographs, and letters of recommendation from their commanders. Soldiers must have an outstanding record in their units as well as demonstrate musicality, movement, stage presence, and versatility.

Soldier Show artistic staff, U.S. Army Community and Family Support Center directors, Soldier peers, and selected senior Army leaders form an audition panel that screens all entries. There were some 200 applications for 17 performer spots in the 2006 show.

Doyle Cemetery in need of volunteers

Doyle Cemetery is enlisting the support of community volunteers. Scouting groups, veteran service organizations, youth groups and other interested individuals for outreach and education. Interested parties should call retired Marine Corps 1st Sgt. Iven C. Dumas, assistant superintendent, at 758-7250, extension 17, or send e-mail to Iven.Dumas@jdmda.va.state.nj.us.

'First Footprint Forward' Ceremony set for RRSC

A "First Footprint Forward" Ceremony for the 99th Regional Readiness Sustainment Command will be held at Sharp Field Saturday, September 30, at 1 p.m. Maj. Gen. William Monk III, who was selected as commander for the emerging 99th RRSC, will host the ceremony unveiling the sign for Building 5222 -- the unit's temporary home -- and an architect's rendering of the new building. The 99th Regional Readiness Command, which is transforming into the new structure, is based in Coraopolis, Pa. The 99th currently has responsibility for command and control, and full service support of a five-state geographic region, including Pennsylvania, Virginia, West Virginia, Maryland, Delaware and Washington DC.

WEATHER

FRIDAY -- Partly cloudy, chance of showers, high of 67 degrees and overnight low of 44.

SATURDAY -- Cloudy skies with afternoon rain, high of 67 and low of 48 degrees.

SUNDAY -- Chance of morning showers, high of 69 and overnight low of 52 degrees.

MONDAY -- Clear, breezy, high of 69 degrees and low of 49.

TUESDAY -- Partly cloudy, warmer with high of 73 degrees and low of 53.



photos by Shawn Morris

IN MEMORIAM -- A team of Fort Dix Soldiers, top, approaches the finish line during the Fifth Annual Firefighter Stephen Siller Tunnel to Towers Run in lower Manhattan Sept. 24. This is the fourth straight year Fort Dix has sent a team to the run, which commemorates Siller and the other 342 New York City firefighters who lost their lives in the Sept. 11, 2001, terrorist attacks on the World Trade Center. Following the run, 343 firefighters, above, marched carrying U.S. flags and wearing banners bearing the images of their fallen brothers.

Tunnel to Towers: Dix team joins NY remembrance run

Shawn Morris
Public Affairs Staff

Five years have passed since the Sept. 11, 2001, terrorist attacks against the United States touched off what has come to be known as the Global War on Terrorism.

For the Fort Dix Soldiers who attended the Fifth Annual Firefighter Stephen Siller Tunnel to Towers Run in lower Manhattan Sept. 24, the roots of that ongoing war could be seen sprouting from the chasm where the World Trade Center's twin towers once stood.

One of these Soldiers, Sgt. Charles Gaglio, has participated in the run each of the four years Fort Dix has sent a team. For this Bronx native, returning

to Ground Zero is a painful, yet uplifting, homecoming.

"The day that we go is not visiting a hole in the ground; it's a day of remembrance, of celebration," explained Gaglio, who first ran in the second annual Tunnel to Towers run in 2003.

The first time there was the greatest response from the public," he said. "This year, of course, is special to me because my son did it."

Gaglio's nine-year-old son Paul ran in formation with his father and the rest of the Fort Dix team for the entire 5-kilometer course.

"He was yelling cadence and clapping his hands the whole way," said Gaglio, the post's HHC supply sergeant. "He's just a ball of energy."

(continued on page 3)

Soldiers get a grip on training

Combatives tournament puts personal skills to test

Shawn Morris
Public Affairs Staff

Soldiers from across the country drew lots of cheers -- and a little blood -- during an Army combatives tournament held at Tactical Training Base Tiger Sept. 27.

Seventeen Soldiers from units mobilizing through Fort Dix for deployment to Operation Iraqi Freedom volunteered to put the combatives training they've received here to the test by facing off against one another in a friendly competition.

The mentally and physically tough competition was held in two Combative Pits, each lined with recycled rubber and illuminated by large generator-operated lights.

"This is just additional training to practice what they've been taught, and for esprit de corps," explained Staff

Sgt. Patrick McDonough, a combatives trainer with the 1/309th Training Support Battalion, 78th Division.

Every unit that mobilizes through Fort Dix receives a five-hour block of instruction on Army combatives, according to McDonough.

"The base of modern Army combatives is Brazilian Jiu-Jitsu," he said. "Combatives overall teaches a Soldier the mentality to keep going through a mission."

"It builds team, and it builds the unit," McDonough added.

The competition, which lasted about one hour, was broken into three classes: Lightweight, Middleweight, and Heavyweight.

The Lightweight winner was Spc. Jared Gilreath, 245th Engineer Company, Oklahoma National Guard. Capturing the Middleweight title was Sgt. Shane Stevens, 240th Military Police, New York National Guard. And taking the Heavyweight crown was Spc. Brian Wayland, 245th Engineers.

Each winner received a medal and a Certificate of Achievement, while all participants were given Certificates of Competition.

McDonough and the rest of the combatives training team plan on holding another competition in the coming weeks.

Note: For more photos, see page 3.



Shawn Morris

BRAGGING RIGHTS -- Spc. Brian Wayland pins Sgt. Alec Norcom during the Combatives Tournament Sept. 27.

Visit Fort Dix on the Internet at <http://www.dix.army.mil>



images of Iraq

compiled by Steve Snyder, Public Affairs Staff



www.globalsecurity.org

ANCIENT HISTORY -- With a population estimated at 5,772,000 in 2003, Baghdad is the capital of Iraq, the second-largest city in Southwest Asia (Tehran, Iran, is larger), and the second-largest largest city in the Arab world after Cairo. Situated on the Tigris River, the fabled home of the Arabian Nights is mentioned in pre-Islamic texts and is at least as old as 600 B.C.



DoD photo by Staff Sgt. Aaron Allmon, U.S. Air Force

AIR ASSAULT -- Iraqi Army and U.S. Army Soldiers secure a landing zone after departing from a UH-60 Black Hawk helicopter during an assault mission near the Syrian border on March 6.



Staff Sgt. Russell L. Klika, U.S. Army

PLANNING AN ATTACK -- Soldiers from 1st Squadron, 33rd Cavalry Regiment, 3rd Brigade Combat Team, 101st Airborne Division prepare for Operation Starlift in Salah Ad Din Province.



DoD photo by Petty Officer 1st Class Michael Larson, U.S. Navy

OUCH! -- An Iraqi army Soldier winces as a medic from his unit vaccinates him during a mass immunization for tetanus, typhoid and meningitis at Camp Taji in May. Both men are from Iraq's 9th Mechanized Division.



DoD photo by Cpl. Brian M. Henner, U.S. Marine Corps

CROWD PLEASER -- Contrary to many reports, not everyone in Iraq hates Americans as these children demonstrate, escorting Marine Cpl. Gregory Frank as he patrols in Al Ish on May 10. Frank is with Weapons Company, 1st Battalion, 7th Marine Regiment, 1 Marine Expeditionary Force.

TOUGH TERRAIN -- An Army Soldier steps over strands of barbed wire as he searches for insurgents across the street from Outpost 293 in Ramadi in late July. Soldiers from the 1st Armored Division began the search after a mortar attack and gunfire were received on the outpost. Insurgents utilize hit and run tactics because they do not fare well in fire-fights with superior American firepower. Locating and identifying the enemy have been tough propositions for our Army.

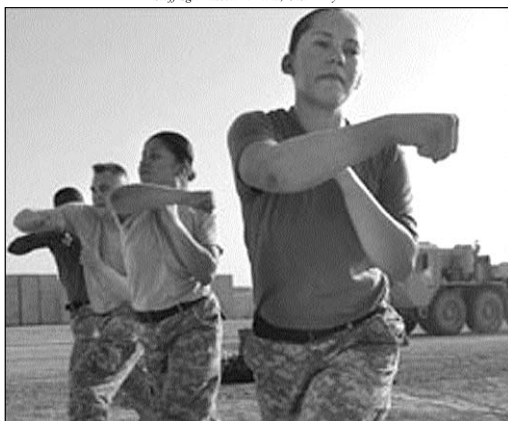


DoD photo by Tech Sgt. Jeremy T. Lock, U.S. Air Force



Staff Sgt. Russell L. Klika, U.S. Army

SPOILS OF WAR -- Command Sgt. Maj. Gregory Patton, from the 33rd Cavalry Regiment, 3rd Brigade Combat Team, 101st Airborne Division, left, joins a fellow Soldier in walking through a bombed-out building after a firefight with insurgents in Salah Ad Din Province, Iraq. Civilian casualties are mounting from terrorist bombings in Baghdad and other parts of the country, raising questions as to whether Iraq is in a civil war. The debate may be academic, though, as bloodshed rises.



DoD photo by Petty Officer 2nd Class Katrina Beeler, U.S. Navy

HAND TO HAND -- Soldiers at Forward Operating Base Kalsu learn hand-to-hand combat from Marine Corps martial arts experts.



U.S. Army photo

BOMBS AWAY -- Members of a team from the Huntsville, Ala., U.S. Army Engineering and Support Center prepare to detonate captured enemy ammunition at a depot site in Iraq. Army engineers have destroyed hundreds of thousands of tons of captured enemy ammunition that otherwise would have been aimed to maim American Soldiers or Iraqi civilians.

the Post

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Fort Dix Public Affairs Office Contract Workers
Melissa Bird, Wayne Cook, Ed Mingin, Shawn Morris

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Soldiers get a grip on training

The 1/309th Training Support Battalion, 78th Division, held a Combatives Tournament Sept. 27 for 17 Soldiers at the Fort Dix Tactical Training Base. Spc. Brian Wayland, 245th Engineer Company, gets a grip on Staff Sgt. Terry Chasteen, 144th Infantry Regiment, above, while Sgt. Shane Stevens, 240th Military Police Company, wraps up fellow 240th Soldier Pfc. Richard Colvin, right. The winners in the three weight classes are, from left below, Wayland (heavyweight), Stevens (middleweight) and Spc. Jared Gilreath, 245th Engineer Company (lightweight).



Alcoholics Anonymous meetings set for Thursdays at Main Chapel

Wayne Cook
Public Affairs Staff

The Main Chapel, in conjunction with the Army Substance Abuse Program, will host meetings for Alcoholics Anonymous on Thursday nights at 7 p.m.

The Alcoholics Anonymous program is being presented as another way to serve mobilized Soldiers who may have the need for such a program, but may not be able to get off the post to attend AA meetings.

The meetings are open to all military, dependents, civilian employees and contractors at Fort Dix and McGuire Air Force Base, and those who believe they may have a problem with

alcohol or who are already dealing with a problem with alcohol.

Alcoholics Anonymous is a fellowship of men and women who share their experiences, strengths, and hope with each other so that they can overcome their common problem and help others to recover from alcoholism. According to Alcoholics Anonymous, the only requirement for membership in the program is the desire to stop drinking.

There are no dues and the only costs to the members are a commitment of time, integrity, and self-discipline.

Attendees are requested to enter the chapel from the 8th Street entrance and will meet in the chapel library.

Those who live off post and

may be interested in attending the meetings at the Main Chapel may be accommodated by providing advance notice to the chapel staff so arrangements can be made at the installation gates for entrance.

For more information or if you have any questions contact

Denise Horton, Army Substance Abuse Program, at 562-3354 or Chap. (Lt. Col.) Lee Hardgrove, at 562-2020.

Additional information about Alcoholics Anonymous as an organization can be obtained by visiting <http://www.alcoholics-anonymous.org>.

Dix team, remembrance run

(continued from page 1)

Gaglio and the entire Fort Dix team showed a lot of energy as they, along with thousands of other participants, followed in the footsteps of New York City Firefighter Stephen Siller. Siller was off-duty in the Bronx when he learned of the terrorist attacks against the World Trade Center.

Siller grabbed his gear, ran through the Brooklyn-Battery Tunnel into lower Manhattan, and entered the towers, never to be heard from again.

This annual run retraces his steps, beginning on the Brooklyn side of the tunnel and finishing at Ground Zero.

Following the run, participants and guests are treated to entertainment, complimentary food and drink, and visits by famous speakers such as actors John Turturro and Tony Danza, baseball legend Bobby White, and former New York City Mayor Rudolph Giuliani.

For Gaglio, it's an event no Soldier should miss.

"It's something that they should experience at least once," he said. "It's almost like you owe it to yourself to do that."



photos by Wayne Cook

TEAMWORK -- A group of Fort Dix Soldiers walked the 5-kilometer route at the Fifth Annual Firefighter Stephen Siller Tunnel to Towers Run in New York Sept. 24, left, while a pair of firefighters give it their all as the approach the finish line, right. The Soldiers pictured are, from left, Staff Sgt. Anthony Ruiz, Sgt. Maj. John Amaral and Staff Sgt. Thomas.

**NCO Call
at Club Dix
Wednesdays at
6 p.m.**



Trainer travels to share leader skills

Rob Schuette
Triad Staff

A visiting instructor from the 84th U.S. Army Reserve Readiness Training Command (84th USARRTC) Noncommissioned Officer (NCO) Academy at Fort Dix brought the most up-to-date trends and information to a Small Group Instructor Course at Fort McCoy.

Sgt. 1st Class Steve Cooper of the 84th USARRTC NCO Academy at Fort Dix helped share the newest and best practices in the field with cadre from the 84th USARRTC NCO Academy at Fort McCoy and the Regional Training Site-Maintenance (RTS-Maintenance) at Fort McCoy, as well as other students.

"We're acting as a mobile training team," Cooper said. "They get to take the course in their own environment, using their own equipment. It's the first time we've done something like this, and I hope to do it more."

Cooper came to Fort McCoy at the invitation of Command Sgt. Maj. Dennis Martinson, the commandant of the 84th USARRTC NCO Academy at Fort McCoy.

Martinson previously served with Cooper at Fort Dix when both were at the academy.

Martinson said he invited Cooper to teach the course because Cooper was the most knowledgeable person he had ever seen in teaching the new small group methodologies and how to incorporate them into the classroom.

"It's been my experience that Soldiers learn better when they do things rather than being told how to do something," Martinson said. "The students participate in class and share their experiences. The students in this course used the preparation to get ready to meet any new situation they will encounter."

This course taught students two important lessons, he said. First, and most important, they can see how to conduct a course using small group techniques as they're meant to be used. Second, the course gives students a

greater understanding of how to use small-group instruction in a classroom to facilitate topic discussion, hold "buzz" sessions and do brainstorming.

Martinson said the techniques will be incorporated into the Warrior Leadership and the Battle Staff NCO Courses that are part of the NCO Academy instruction.

Col. Pat Heritsch, the commander of the 84th USARRTC Schools Brigade for the NCO Academies at Fort McCoy, Fort Dix and Fort Lewis, Wash., said the students are encouraged to take the instruction methods back to their own organizations and share what they've learned.

The training also saved the students and the Army time and money as it was cheaper to bring the instructor to Fort McCoy than it would have been to send the students to Fort Dix.

Staff Sgt. Christopher DeCosta, a Regional Training Site-Maintenance instructor at Fort McCoy, said the RTS-Maintenance instructors often discuss their training and share the best methods to provide instruction to the students. Sharing information helps the instructors enhance their training, he added.

DeCosta said as a servicemember who has been deployed to Kosovo and Iraq it is important to him to share that knowledge and his newfound knowledge with other servicemembers who may encounter future deployments.

"No matter what level of education or prior knowledge students have, you have to get through to them to teach the foundation," he said. "It's extremely important to teach Soldiers how to do things because they'll do things better that way than if they just react and use their instincts."

DeCosta said it also was nice to have the training conducted at Fort McCoy because he was able to use his own equipment and be in his own environment.

"That was a huge advantage, and it provided us with a comfort level to go home every night," he said.

Sgt. Chris Lee, a member of the 4225th U.S. Army Hospital of Fort Harrison (Helena), Mont., came to Fort McCoy to take the Small Group and Total Army Instructor Training. The training will help him become more proficient as an instructor of the Combat Life Saver Course, Lee said.

"I hope to use it to become a better leader and mentor to Soldiers," Lee said.

"It emphasized the roles and responsibilities of NCOs and instructors - sometimes they're synonymous. What we learned in the last five days of the course has helped all of us push to do our absolute best no matter what level you are at."

Martinson said the next two iterations of the Small Group Instructor Course are from Dec. 1-16 and from Jan. 5-20, 2007. Registration can be made via the Army Training Requirements and Resource System.



photos by Rob Schuette

LEARNING TO LEAD -- Sgt. Chris Lee, second from left, and Staff Sgt. Christopher DeCosta, second from right, discuss instruction in a Small Group Instructor Training Course at Fort McCoy, Wis. Sgt. 1st Class Steve Cooper of the Fort Dix Noncommissioned Officer Academy was invited to McCoy to share the newest and best practices in the field with cadre from the 84th USARRTC NCO Academy and the Regional Training Site-Maintenance (RTS-Maintenance).



courtesy photo

SMALL-GROUP METHOD -- A Soldier wears an unusual form of cover as part of the Small Group Instructor Training Course at Fort McCoy, Wis.

Volunteers are needed
for
Fort Dix Special
Observances Committees

Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month

For more information call
Denise Horton at 562-4011

NEIGHBORHOOD

THE CORNER

Domestic Violence proclamation to be signed

The Domestic Violence Awareness Month proclamation signing will be held **Oct. 2** at 1:30 p.m. in the Edwards Resource Room, 305th Medical Group, McGuire Air Force Base. All are invited to attend.

Tool Drive coming to Youth Center

The Torch Club will celebrate World Habitat Day **Oct. 2 to 6** with a Tool Drive at the Youth Center, Bldg. 1279 Locust Street. Please donate new and/or gently used tools, ladders, work gloves, hard hats, trash bags, hand soap and other items used to build houses. For more information, call Jessica at 562-5061.

Hearts Apart hosting Art Therapy program

The Hearts Apart program is sponsoring Art Therapy sessions for kids 4 to 13 years of age in Bldg. 5201 Maryland Avenue **Oct. 3, 10 and 17**. Sessions are held from 4:30 to 5:30 p.m. for 4 to 8 year olds, and from 5:30 to 6:30 p.m. for 9 to 13 year olds.

Space is limited, and registration is required in advance. Call Amada Espinoza or Bobby Brown at 562-2767 or (800) 877-2380.

Investing seminar coming to McGuire

The McGuire Family Support Center is hosting "It's Your Move: A Game Plan for Investing" **Oct. 5 and 19, and Nov. 1**. Pre-registration is required, and space is limited. Call Erica Zeiger at 754-5344 or Betsy Conzo at 754-5748.

Family Advocacy to host domestic violence seminar

The Family Advocacy Program and P.A.L.S. (Peace A Learned Solution) are hosting "Please...Stop!!! When Children Witness Domestic Violence" **Oct. 13** from 11:30 a.m. to 12:30 p.m. in Bldg. 5201 Maryland Avenue. Call Deraurah Wilson, Family Advocacy Educator, at 562-4830 for more information.

Family Advocacy to host stress seminar

The Fort Dix Family Advocacy Program is hosting "The Effects of Stress" **Oct. 16** from 11:30 a.m. to 12:30 p.m. in Bldg. 5201 Maryland Avenue. To register, call Deraurah Wilson at 562-4830.

Army Family Action Plan conference coming soon

All are invited to attend the Army Family Action Plan (AFAP) Conference at the Main Chapel **Oct. 26** from 8 a.m. to 4:30 p.m. Breakfast and lunch are provided, and the event is open to all branches of the military.

●What is AFAP? AFAP is your voice. It provides a forum for the military, family members, civilians, and retirees to let military leadership know what works, what doesn't, and what they think will fix it.

●What can AFAP do for you? AFAP continues to improve the standards of living for all military personnel and DoD employees. Local changes have included improvements to Fort Dix roads, office facilities, upgrades in standards of living for deploying Soldiers, changes at the commissary, improved processes for the Case Management Program at the Joint Readiness Center, process improvements at the 305th Medical Clinic, reactivation of the Fort Dix BOSS Program, and reduced fees at Fort Dix Lodging for large families.

●Submit your issues for review. Experts from housing privatization, healthcare, and installation directorates will be on site to help attendees make informed decisions, and advise and assist in the development of issues and recommendations.

Those attending should call Frances Booth at 562-3930 or send e-mail to frances.booth@dix.army.mil no later than Oct. 20.

Things heat up for Fire Prevention Week

It's time for Fire Prevention Week, and from Oct. 8-14, Fort Dix Fire and Emergency Services is joining forces with the non-profit National Fire Protection Association (NFPA) to remind local residents to "Prevent Cooking Fires: Watch What You Heat." During this year's fire safety campaign, firefighters and safety advocates will be spreading the word about the dangers of cooking fires—most of which result from unattended cooking—and teaching local residents how to prevent cooking fires from starting in the first place.

According to the latest NFPA research, cooking is the leading cause of home fires. One out of three home fires begins in the kitchen—more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

"Often, when we're called to a fire that started in the kitchen, the residents tell us that they only left the kitchen for a few minutes," said Inspector Robert Hunter, Fort Dix Fire and Emergency Services. "Sadly, that's all it takes for a dangerous fire to start. Unattended cooking is the leading cause for all installation housing fires in the Army. We hope that Fire Prevention Week will help us reach folks in the community before they've suffered a damaging lesson."

Among the safety tips that firefighters and safety advocates will be emphasizing:

- Stay in the kitchen when you are frying, grilling, broiling, or boiling food.
- If you must leave the room, even for a short period of time, turn off the stove.

- When you are simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer to remind you.

- If you have young children, use the stove's back burners whenever possible. Keep children and pets at least three feet away from the stove.

- When you cook, wear clothing with tight-fitting sleeves.
- Keep potholders, oven mitts,

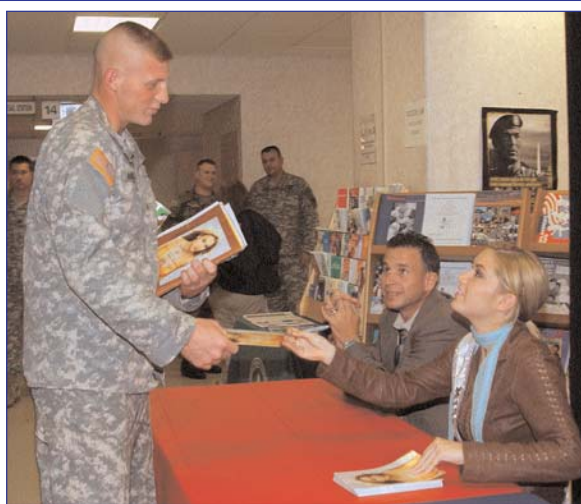
wooden utensils, paper and plastic bags, towels, and anything else that can burn, away from your stovetop.

- Clean up food and grease from

burners and stovetops.

Fire Prevention Week is actively supported by fire departments across the country. This is the 85th year that

fire departments have observed Fire Prevention Week, making it the longest running public health and safety observance on record.



Wayne Cook

Miss USA visits nation's heroes

Sgt. Thomas Winkler, 2/107th Cavalry, Charlie Troop, Cincinnati, Ohio, left, visits with Miss USA, Tara Conner, during an autograph session at the Joint Readiness Center Sept. 14. Miss USA took time to chat with Soldiers at the JRC, Charlie Company, and Tactical Training Base Tiger as part of a USO tour to encourage and thank the Soldiers for their service in support of the Global War on Terrorism. Sitting with Miss USA is Henry Melon-Lopez, director, Human Resources - Military.

Post gears up for Red Ribbon Week events

"The resiliency of this country is amazing. There's no country in the world that turns tragedies into super-positive things like this country...It's unbelievable how we can bounce back from tragic events like Camarena's death and turn it into something as wonderful as the Red Ribbon Week program." -David Dhillon, a co-founder of the Red Ribbon Week Program.

Red Ribbon Week is an important tradition for the drug prevention community, and especially for the DEA. The event that has become a national symbol of drug prevention began as a grassroots tribute to a fallen DEA hero, Special Agent Enrique Camarena.

The National Red Ribbon Campaign was sparked by the murder of DEA Special Agent Camarena by drug traffickers. Within weeks of his death in March of 1985, Camarena's Congressman, Duncan Hunter, and high school friend Henry Lozano, launched Camarena Clubs in Imperial Valley, California. Camarena's home. Hundreds of club members pledged to lead drug-free lives to honor the sacrifices made by Camarena and others on behalf of all Americans. From these clubs emerged the Red Ribbon Week Campaign.

What is Red Ribbon Week? It's a time for gratitude for all the lives that remain drug free, a time to pledge to live a safe and drug-free life, and a time to remember those we have lost in the fight against drugs.

What is Red Ribbon Week? It's a time for gratitude for all the lives that remain drug free, a time to pledge to live a safe and drug-free life, and a time to remember those we have lost in the fight against drugs. Fort Dix will celebrate this week by offering a variety of activities for all to participate in.

Today, Red Ribbon Week is nationally recognized and celebrated, helping to preserve Special Agent Camarena's memory and further the cause for which he gave his life. The Red Ribbon Campaign also became a symbol of support for the DEA's efforts to reduce demand for drugs through prevention and education programs.

By wearing a red ribbon during the last week in

October, Americans demonstrate their ardent opposition to drugs. They pay homage not only to Special Agent Camarena, but to all men and women who have made the ultimate sacrifice in support of our nation's struggle against drug trafficking and abuse.

Fort Dix will celebrate this week by offering a variety of activities for all to participate in. Please join us.

All activities are free for children who come in with a Red Ribbon from school-parents must pay.

Oct. 23 -- Fun Run at the Griffith Field House at noon - the first 150 participants will receive a free t-shirt.

Oct. 23 -- Drive out Drugs at the Golf Driving Range 5-7 p.m.

Oct. 24 -- Create something at the Arts & Crafts Center from noon-5 p.m. and 6-9 p.m.

Oct. 25 -- Bowl down Drugs at the Bowling Alley from 6-9 p.m.

Oct. 26 -- Swim away from Drugs at the Pool from 7:30-9 p.m.

For more information about Red Ribbon Week call the Army Substance Abuse Program on Fort Dix at 562 4011.

Donating blood earns free pass to Six Flags

JACKSON -- To kick off Six Flags Great Adventure's 15th Annual Fright Fest, the park has joined forces with the American Red Cross to host the Fourth Annual Fright Fest Blood Drive Oct. 7. All donors participating in this unique "blood letting" will receive a free ticket to Fright Fest, the "Northeast's Largest Halloween Party." Fright Fest is celebrated Friday nights, Saturdays and Sundays through Oct. 29, plus Columbus Day, Oct. 9.

National blood inventory levels have dropped well below a safe and adequate supply. The American Red Cross is in urgent need of blood donations.

The blood drive will run from 8:30 a.m. to 2:30 p.m. in the park's Employment Center. Two-hundred donors are needed, and those wishing to donate must make a reservation by calling (732) 928-2000, ext. 2835. Donors will be directed to the "blood letting" by some of the park's ghoulish Fright Fest residents.

Donors must be at least 17 years old, weigh at least 110 pounds, and be in good health.

New Java Café at Club Dix to feature Starbucks coffee

Wayne Cook
Public Affairs Staff

In a move to offer more to installation personnel, Club Dix will celebrate the grand opening of the Java Café at 10:30 a.m. Oct. 5. The upscale coffee venue will feature premium beverages headlined by freshly brewed Starbucks coffee.

Hot brews and frosty caffeinated concoctions will be served throughout the day, along with an appealing menu of pastries, bagels, breakfast and sweets, providing a destination for meals and snacks for those who are ravenous, or for those who just need a little something to hold them over.

Club Dix will also be opening a computer lab with 18 stations complete with internet access for all

authorized patrons. For a moment of relaxation of browsing the internet and sipping your favorite Starbucks beverage, stop by the club and visit the grand opening of the Java Café and the new computer lab.

During the grand opening of the café there will be a laptop computer given as the grand prize in a drawing, but the winner must be present to claim the prize.

It's our Grand Opening - so have one on us!



Get a complimentary small Starbucks® drip coffee beverage from Java Café!
Visit us inside Club Dix!

One beverage per person per visit with this coupon. Cannot be combined with other offers. No cash value. Not valid if reproduced. Offer expires October 31, 2006.



MILITARY MATTERS



Sgt. 1st Class Hubert Townsend
Small Arms Readiness Group

In the marksmanship instruction business, we occasionally get Soldiers who fail to execute all of the four fundamentals and therefore don't meet the minimum score on the live-fire range. The common and widely used term for them is "bolos." However, Staff Sgt. Lew Tippie, who will be taking over this column, told me not to use that word and told me that it is pejorative. (Pejorative is a five-dollar word meaning "having negative connotations, tending to disparage or belittle.")

Where did this slang term for a "no-go" come from? I used to think that it was an acronym derived from BcLO standard. But an old, old reader of my Wyoming gun column advised me that it is an historical throwback to the days of our Army's operations in the Philippines around 1900. Back then, if you didn't meet the rifle standard, you were issued the bolo knife, which is a Philippine machete. And when it came time to patrol through the jungles, the call came: "Bolos forward," and the non-shooters would be to the front hacking out the trails for the rest of the patrol.

I tell our remedial classes that it is actually a good thing that they shot below the necessary 23 because one, they get the extra teaching and training, and two, when they go back out they often will shoot in the high twenties or even low thirties, way above the level they would have remained at had they just sleazed by with the minimum score. So being bad can sometimes be a good thing.

This author is returning to Fort Living Room soon. The new PMI columnist is extremely knowledgeable about anything dealing with weapons and marksmanship, being the holder of numerous national shooting records and awards, is a gunsmith, and probably has forgotten more than I will ever know. Don't hesitate to call him at 562-3297 for anything dealing with shooting and associated equipment. That is what the Small Arms Readiness Group is all about.

So, I close now with my usual final classroom remark: Remember, if you don't hit your target, it is always a failure of one or more of the four fundamentals. It is up to you to determine what it is and correct it. I bid all you Soldiers a hearty "good luck and good shooting."



Pascual Flores

CUTTING EDGE -- Staff Sgt. Lew Tippie, First Army Small Arms Readiness Group, Fort Dix, displays an Army bolo knife and scabbard, manufactured in 1918 from Philadelphia, Pa. Tippie, when not engaged in training mobilized Soldiers in the fine art of marksmanship, collects and reconditions military artifacts to their original condition. Possessing more than 100 World War I & World War II knives, Tippie researches the historical background of the knives in his collection when the information is available. Tippie has been collecting and reconditioning knives since 1996, when he was given his first bolo from the Second World War era by a shooting student.

Changes boost Iraq troop strength

Jim Caramone
American Forces Press Service

WASHINGTON, Sept. 26, 2006 -- Adjustments to Iraq troop-rotation schedules announced yesterday will allow 15 U.S. combat brigades to be in Iraq through spring, DoD officials said today.

The 1st Brigade Combat Team of the 1st Armored Division, based in Friedberg, Germany, will stay in Iraq for another 46 days. The brigade was scheduled to redeploy in mid-January 2007. This will shift to late February. The 4th Brigade, 1st Cavalry Division, based at Fort Hood, Texas, will deploy 30 days earlier than originally scheduled, beginning in late October.

"We are a nation at war, and you would expect the nation's military to be used to fight that war," Pentagon spokesman Bryan Whitman said today. The adjustments will give U.S. Central Command commander Army Gen. John Abizaid and Army Gen. George Casey, the commander Multinational Force Iraq, the type of combat capabilities, troop levels and force constructs they need given the conditions in Iraq, he said.

A further effect of the adjustments will permit the 1st Brigade of the 3rd Infantry Division, based at Fort Stewart, Ga., to complete their full 12-month "dwell time" at their home station. Army officials said the time is needed so the brigade can finish re-equipping, retraining and resetting, Whitman said.

The adjustments give Casey 15 combat brigades through March 2007. At that time, Casey can determine whether to increase or decrease the size of the force. There are 142,000 U.S. military personnel in Iraq today.

The change also may affect the length of the deployment of the 172nd Stryker Brigade Combat Team. In July, DoD extended the unit's deployment to Iraq for up to 120 days. "Their current redeployment date is for mid-December," Whitman said. "I think there is some desire to move that up a little bit, but that is going to be a decision that rests with the (Multinational Force Iraq) commander."

The changes do not indicate a "broken Army," as some critics are charging, Whitman said. "What it reflects to me is the flexibility and adaptability of the U.S. military, particularly the Army, to be able to provide the force structure that's required in a dynamic environment like you have in Iraq," he said. "As the conditions and situations change, they are able to make adjustments that provide for the type of combat force that the combat commander thinks



Senior Airman Richard Rose

FIELDING THE FORCE -- U.S. Army Soldiers from the 4th Battalion, 23rd Infantry Regiment, 172nd Stryker Brigade Combat Team, patrol a street during an operation in Adhamiyah, Iraq, in early September.

he needs."

Deployment or redeployment decisions are not taken lightly, Whitman said. "At the same time, everyone in this depart-

ment understands that the first priority is to provide the combat commander ... with all the tools, all the resources and all the forces that he feels he

needs," he said. "The Army and Marine Corps are fulfilling those requirements and doing it on a sustainable and enduring basis."

AAFES to offer sales on running sneakers

DALLAS -- The Army & Air Force Exchange Service (AAFES) will join with the Army Physical Therapy Clinics around the world to offer promotions on branded running shoes from Sept. 29 to Nov. 2.

Each week during October AAFES will offer different brands of running shoes at reduced prices.

Vendor representatives will also be available at select AAFES locations to assist in finding the right shoe for military service members.

In addition to promoting proper shoe selection during

National Physical Therapy Month, AAFES offers a year-round athletic shoe program called "Fit the Foot." Created in conjunction with the Department of the Army, "Fit the Foot" is an organized effort to decrease injuries through educational tools that assist in finding the proper fit when choosing technical running shoes.

Military service members can contact their exchange regarding local activities planned for National Physical Therapy Month.

Lightning strikes hallowed ground at Gettysburg

Col. J.E. Bagley
1st Bde., 78th Division

How close were we to "Dixie's Land" becoming the National Anthem?

If the high watermark of the Confederacy was Pickett's Charge at Gettysburg, how could that charge have succeeded and how could the Army of Northern Virginia have managed their forces to destroy the Army of the Potomac? What Principles of War were lost on the tactical commanders of those two great armies?

Those are the types of questions that the officers of 1st Bde, 78th Div discussed and analyzed during the Lightning Brigade Gettysburg staff ride on 25 September 2006. With a mission of training other brigade staffs in the Military Decision Making Process and staff information management, the Lightning Brigade staff took time for its own professional development.

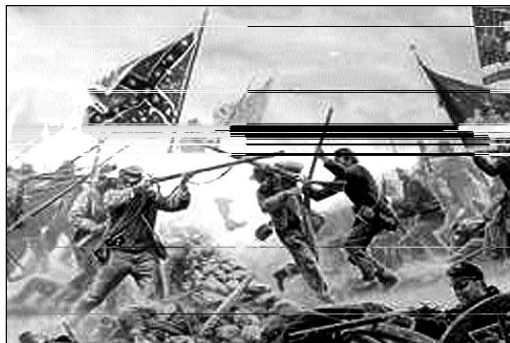
The Gettysburg staff ride performed multiple functions. Walking the battlefield brought life to the research, role playing, and decision analyses conducted by the brigade staff. Crawling across the rocks and through the brush on Little Round Top, surveying the wide open areas of the Wheatfield, and discussing alternate courses of action brought new appreciation to the values of the Military Decision Making Process and Intelligence Preparation of the Battlefield.

Learning opportunity

This training was a team-building opportunity for the Brigade Staff officers as they worked together as members of the Confederate or Union leadership. Thoughtful analysis highlighted both personal and functional skills as the officers brought their own talents and experience into their discussions about leadership.

Major Augie Felix, a Bde S-6 staff officer, had never visited Gettysburg nor participated in a staff ride. He wasn't sure what to expect and the preparation for the staff ride seemed like home.

But he thoroughly



<http://www.us-civilwar.com/gettysburg3.htm>

PICKETT'S CHARGE — Gen. George E. Pickett's three Virginia brigades spearheaded the assault upon Cemetery Ridge outside Gettysburg, Pa. on July 3, 1863. Gen. James Longstreet advised Gen. Lee not to attack the Union position which he felt was too solidly entrenched atop the hill. He was correct. Some 15,000 Confederates under Pickett, Pettigrew, Trimble and ultimately Longstreet charged and were decimated by Gen. George C. Meade's Union troops from above.



file photo by Steve Snyder

VESTIGES OF THE PAST — Blood has long since dried in the soil and bones have crumbled at Gettysburg, where only monuments mark history.

enjoyed the event "because it wasn't just reading and sightseeing; we analyzed the process and briefed decisions on the battlefield. We packed a lot into one day."

Felix indicated that the experience generated more questions in his own mind and he would

go back and study other parts of the battle.

For the Bde Comptroller, LTC Jamie Green, it was her second visit to Gettysburg. She said this event was more rewarding than her CAS3 tour because it was "up close and personal." This staff ride gave



file photo by Steve Snyder

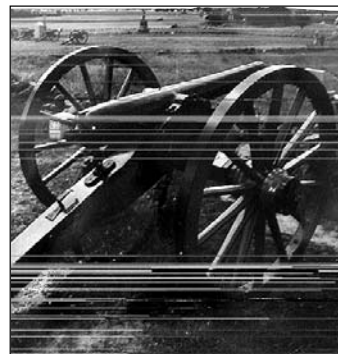
MARTIAL MEMORIES — Cannonballs preserved at Gettysburg came from the Union Army's 374 or the Confederates' 280 12-pound "Napoleons" or bronze guns.

her a better perspective of the terrain and distances and the arduous task of covering ground only to fight at close distances; a perspective that only comes with "boots on the ground." She also appreciated the opportunity for team-building with other members of the brigade staff.



Col. J.E. Bagley

LIVING HISTORY — Cpt. Rich Thomas discusses Gen. Ewell's decision not to carry the Confederate attack into Gettysburg during a recent tour of the famed Civil War site undertaken by officers from the 1st Bde., 78th Division.



file photo by Steve Snyder

FACING AN ONSLAUGHT — A cannon faces the spot where Gen. Pickett's men made their famous charge.

Meanwhile, the absence of the 1st Bde officers from Fort Dix gave the noncommissioned officers of the staff an opportunity to run brigade headquarters.

SGM Darrin Wisner, Bde Ops NCOIC, was certainly up to the task and smiled as he indicated that running the brigade was

"Too easy." He used part of his time to work with ISG Bruce Brucki, 1HDD 1st Sergeant, to plan an NCOIP for the non-commissioned officers of the brigade staff. When asked about the officer absence ISG Gorski opined, "The place never ran smoother!"

Personnel recovery training to begin for all U.S. Soldiers

J.D. Leipold
Army News Service

The Warrior Ethos, "I will never leave a fallen comrade," makes clear the Army's commitment to recover Soldiers, Department of the Army civilians and its contractors should they be lost, isolated, missing, detained or captured while in an operational environment.

Beginning in November, the Army's Personnel Recovery Branch will kick off formal personnel recovery training to all units slated for deployment. The goal is to train all Soldiers in personnel recovery tactics, techniques and procedures within the next 24-48 months according to Col. Timothy Waters, chief, Personnel Recovery Branch.

"The chief of staff of the Army and the director of the Army staff find personnel

recovery training to be a vital requirement for every operations plan," said Waters. "Even though we can train all Soldiers initially, training will have to be maintained."

"Personnel recovery training will be included in all Soldier readiness programs, in unit training, drill schedules for the Reserve and National Guard, and in monthly training schedules for the active component so it becomes second nature," he said.

Personnel recovery training will eventually be taught at basic and advanced individual training, as well as officer basic and advanced training.

In the past, personnel recovery was relegated to a specific force, but publication of Field Manual 3-50.1, "Army Personnel Recovery," makes it official doctrine that applies to all Soldiers. This is a significant change, Waters said, because

now a procedural system will be in place that is understood at individual to command levels.

Waters said the first 15 of 60 Reserve and National Guard Soldiers are in the final stages of their formal training as instructors in personnel recovery tactics, techniques and procedures. Following completion, they will be deployed to force deployment platforms and continental U.S. replacement centers to train Soldiers preparing to deploy, and in-theater to train Soldiers already deployed.

Personnel recovery training will include such recovery tasks as reporting, locating, supporting, recovering and returning/reintegrating.

Individual training will also be available in classified and unclassified formats and include survival, evasion, resistance and escape techniques, as well as the Code of Conduct.

Today, in an asymmetric battlefield where it's hard to distinguish friend from foe, FM 3-

50.1 formally acknowledges it's no longer solely special operations or aviation units at risk of capture or detainment, it's all Soldiers — including transportation specialists, military police, civil affairs units and transition teams. We've always gone after those who are isolated, missing, detained or captured; there's no change in mindset.

"We now recognize all Soldiers to be at risk because of a battlefield that doesn't have lines and an enemy who could be around the corner," Waters said. Before, when you put a Soldier in Baghdad in a truck and he made a wrong turn he could, in fact, fall into enemy hands without our expectation of that. Now, we'll be preparing for those things to happen through the training starting in November."

FM 3-50.1 is available at Army Knowledge Online, www.us.army.mil and at the Training and Doctrine digital library, www.train.army.mil.

Troop receives Soldier's medal

FORT HOOD, Texas, Sept. 28, 2006 — "Heroic and selfless" is how Spc. Kraig Lemme was described when he was awarded the Soldier's Medal in a ceremony at Black Jack Field, Fort Hood, Texas, for saving the lives of three tankers whose Abrams had turned turtle in a canal in Iraq.

The Soldier's Medal is one of the highest honors a soldier can receive, and is reserved for those who distinguish themselves by a heroic act that does not occur in combat.

Lemme, 24, from Tucson, Ariz., and an infantryman with Company A, 1st Battalion, 5th Cavalry Regiment, recalled the events of an early morning in October 2004 when he was serving with the 1st Cavalry Division in Iraq.

"We were out on a mission — command and control," Lemme explained. "We heard over the radio that a tank had flipped over into a canal."

Lemme immediately headed to the canal with Spc. Randy Mikal, Spc. Gerald Garza and their commander.

The soldiers decided the best option was to try and pull the overturned Abrams from the canal with another tank using tow cables. Though they couldn't move the tank, they were able to raise it above the waterline and gain access to the hatches.

A trained rescue swimmer, Lemme helped the three soldiers trapped inside climb through the hatch and swim to shore. Fortunately, there were no severe injuries though the tankers were fatigued and shaken.

Lemme said that while he is honored to be awarded the Soldier's Medal, the fact that the three soldiers are still alive today is most important.

"I was just doing my job, like any soldier would," he said.

Read The Post!

Announcements



Movie Schedule at the McGuire AFB Theatre

Movie Hotline 754-5139
Heart of his dream girl by scheming wim nns friends to create a fake university in a hilarious comedy of artistic education.

MPAA Rating: PG-13

Run Time: 1 hour 30 minutes

Saturday, Sept. 30 @ 7:30 p.m.
Fiend Fest - The bloody grip of horror-punk takes hold as fiends from all across Europe descend upon the tiny German town of Wermelskirchen to attend a sold-out show featuring The Crimson Ghosts, The Spook, The Frigate, The Other, and Bloodsucking Zombies from Outer Space in the first-ever Fiend Fest Germany.

MPAA Rating: R

Main Chapel

562-5791/562-2020

Sunday services

Protestant at 9 a.m.
Catholic Mass at 10:15 a.m. **Gospel** at 11:30 a.m.
Catholic CCD is held at 9:15 a.m.
Protestant-Gospel Sunday School at 10:15 a.m.

Religious Services

Islamic Prayer Services
held at noon, Monday through Thursday - 24
Adult Bible Study
Wednesdays at 7 p.m.

Catholic Adult Bible Study - Sundays at 11:30 a.m.

Christian Women of the Chapel
hold a **Bible Study** - Tuesdays, 9:30 a.m. to noon

Jewish Services
Shabbat held every first and third Friday evening
at 6 p.m. followed by KIDDOUSH Fellowship
Chapel 5 (Bldg. 5950)
562-4847

Memorial Prayer Service for Our Soldiers
5:45 p.m. each Sunday
Computer Room: Mon. - Fri.
9 a.m. - noon / 2-4 p.m. and 5-8 p.m.

Yom Kippur

Oct. 1
Kol Nidre.....6:15 p.m.

Oct. 2
Morning Service.....10 a.m.
Yizkor.....11 a.m.
Evening Service.....6 p.m.
Break the Fast.....7:30 p.m.

Infant Baptism and Lutheran Confirmation

Youth Center

Bldg. 1279 Locust Street
562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

October Schedule

Sept. 29
Power Hour
2:30 - 6 p.m.
Arts and Crafts
3:45 - 4:45 p.m.
Computer Lab
4 - 6 p.m.
Keystone Club Teenapolis
6 - 7 p.m.

Sept. 30
Teen Fiesta
1 - 7 p.m.

Oct. 2
Self-directed activities

Mondays - Fridays
Power Hour
2 - 4:30 p.m.
Computer Lab
4:30 - 6:30 p.m.
(except Oct. 5 & 19, 5 - 6:30 p.m.)

Tuesdays
SMART Moves
3:45 - 4:45 p.m.

Wednesdays
Sports and Fitness
3:35 - 4:45 p.m.

Thursdays
Tech Club
3:45 - 4:45 p.m.

Fridays
Arts and Crafts
3:45 - 4:45 p.m.

Attention:
The Teen Center will be CLOSED
Sept. 30 for Teen Fiesta

Instruction by appointment

Organizations

CYS Program Vacancies

Child and Youth Services has slots available in full day care for children ages two to five years old. Openings are also available for before and after school care for youths in kindergarten through eighth grade. For more information call 562-4702.

Black History committee

The Fort Dix Black History Observance Committee is looking for volunteers to help with annual celebrations. Call Fay Marshall-Dease at 562-2666 for more information.

Playgroups for age 4 and under

Are you interested in forming a free playgroup for children 4 years and under? We have the ideal place to hold weekly meetings in our child care room in the Fort Dix Child and Youth Services Central Enrollment Registry building 5203 Maryland Ave. Parents need to come with their children to play with them and share experiences and ideas with other parents. This is a great time to allow your child and yourself some social interaction. If interested, please call 562-2242/4702.

Committee for Native American Heritage

Team Dix is looking for volunteers of Native American descent to be a part of a committee for the 2003 Native American-Alaskan Native Heritage Month in November. Contact Toni at 562-5085. toni.tomasello@dix.army.mil for details.

County WIC Program Available

Women, Infants and Children (WIC) is a federally funded supplemental nutrition program for pregnant and breastfeeding women, infants and children under the age of 5. Eligibility for the program is based on an income and nutritional or medical risk. WIC can provide infants with iron-fortified infant formula, cereal and juice. Children and women receive milk, cheese, eggs, cereal, juice, peanut butter or beans. Women who breastfeed and do not use any infant formula may also receive carrots and tuna.

The Burlington County WIC Program has clinic sites throughout the county. Evening appointments are available. To learn more about the program call WIC at 267-4303

305 MDG Pharmacy information

Patients using the 305 MDG Ambulatory Healthcare Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.

Current prescriptions may be refilled 24 hours-a-day, seven days a week, by calling 754-9470. Refills can be requested seven to ten days before the prescription runs out. Refills are ready for pick-up two duty days after being phoned in.

Register for yard sales

Any resident in housing must register for a Yard Sale permit at the Youth Center at 1279 Locust Street. The permit cost \$5 and are free to members of Club Dix or the Fountain Green Golf Course. The permit must be posted outside your quarters, but no other signs may be placed in housing area. Call 562-5061 for the Yard Sale information.

PARENTING

During the Early Years

October 3- November 14, 2006
Tuesdays, 6-8 pm

Join parents of other young children, ages 0-5, to discuss:

- ✓ Child Growth & Development
- ✓ Discipline Strategies
- ✓ Positive Communication



Army Community Services
Bldg. 5201 Maryland Avenue
Fort Dix, New Jersey

Free Childcare available upon request
Pre-registration is required by September 28th for attendees and free childcare

For more information, please contact
Doracrah B. Wilson @ (609) 562-4830
Available to the Fort Dix/McGuire Community

ACS Announces Up-coming Classes

Solving the Mysteries of Credit Seminar
Oct. 2 from 1 p.m. - 3 p.m.

Securing Your Financial Freedom
Oct. 3 from 11:30 a.m. - 12:30 p.m.

It's Your Move: A Game Plan for Investing
Oct. 5 & 19, Nov. 1 from 9 a.m. - 12 p.m.

24-hour Hotlines

Sexual Assault.....562-3849
Victim Advocacy.....694-8724
Child/Spousal Abuse.....562-6001
Emergencies.....911

Or, visit the Fort Dix Department of
Defense Police Department in Bldg.
6049 on 8th Street.

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MOBILIZATION

WDIX
Commander's
Channel 2

WDIX
Commander's
Channel 2

Post Shuttle Bus

562-5888
Monday to Sunday -- 7 a.m. to 10 p.m.
During the day **Start Tour buses** are used,
in evening the military **Bluebird** buses are run.

Dix Shopette/Class Six/ Gas Station

723-0044
Bldg. 5359, Texas Ave.
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

BX/PX & Mail

723-6100
Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

Commissary

754-4154
Monday to Friday - 7 a.m. (early bird) to 8 p.m.
Saturday - 9 a.m. to 8 p.m.
Sunday - 10 a.m. to 7 p.m.

Military Clothing/Sales Store-Alterations

723-2307
Bldg. 5601, Texas Ave.
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Club Dix

723-3272
Dix Cafe
Tuesday to Friday 11 a.m. to 1 p.m.
Revolutions Lounge
Opens 4:30 p.m. Tuesday to Sunday
Karaoke every Thursday at 8 p.m.

Recreation Center

562-4956
Bldg. 5905 on Doughboy Loop.
Monday through Friday - 1 to 10 p.m.
Saturday and Sunday - noon to 11 p.m.
AT&T Cyber Zone offers computer access for a fee

Dining Facilities

Bldgs. 5640 and 5986
Breakfast Mon - Sun 5:30 to 7:30 a.m.
Lunch Mon - Sun 11:30 a.m. to 1:15 p.m.
Dinner Mon - Sun 4:30 to 6:30 p.m.
Bldg. 5985 (FOB)
Breakfast Mon - Sun 5 to 6:30 a.m.
Dinner Mon - Sun 6 to 7:30 p.m.

Outdoor Recreation

562-6667
Bldg. 6045 Doughboy Loop
Equipment for rent includes skis, snowboards,
canoes, flat bottom boats, canopies of various sizes,
tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

Computer Lab

562-5228
Delaware Ave. & First St.
Tuesday to Friday - 1 p.m. to 9 p.m.
Saturday - Sunday - 1 p.m. to 7 p.m.

McGuire Gas Station

723-4705
East Arnold Avenue by th 24-hour gate
Monday to Friday -- 6:30 a.m. to 7 p.m.
Saturday -- 9 a.m. to 7 p.m.
Sunday -- 9 a.m. to 6 p.m.

Firestone

723-0464
Bldg. 4201 on Texas Ave.
Monday through Friday - 7 a.m. to 7 p.m.
Saturday - 7 a.m. to 5 p.m.

McGuire Shopette

723-4705
East Arnold Avenue by the 24-hour gate
Monday to Thursday -- 6:30 a.m. to 9 p.m.
Friday -- 6:30 a.m. to 7 p.m.
Saturday -- 9 a.m. to 10 p.m.
Sunday -- 9 a.m. to 7 p.m.

Burger King

723-4937
Bldg. 5399, Texas Ave.
Monday to Saturday 6 a.m. to 8 p.m.
Sunday 7 a.m. to 8 p.m.

Spouses' Club Thrift Shop

723-2683
Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of each month - 4 to 8 p.m.
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.

Family Advocacy

562-5200
Chaplain
562-5721/2020
American Red Cross
562-2258
Army Emergency Relief
562-2767

Army Reserve team keeps track of TPE

KUWAIT (Army News Service, Sept. 18, 2006) – In the early stages of the war on terror, the Army Reserve left behind equipment for follow-on units to use in an effort to cut down on deployment time and shipping costs. This equipment came to be known as Stay Behind Equipped, and later Theater Provided Equipment.

As the war continued, active units and units from other services and agencies began using the equipment. Paperwork accompanying the equipment transfers were either misplaced or not completed at all – to the point where equipment origins became unknown.

Enter Lt. Col. Andrea A. Breyton and her team.

For three years, the Army Reserve has sent a Redeployment, Reconstitution and Asset Visibility Team to capture and document all USAR-owned equipment and to provide

greater asset visibility of their equipment in the AOR, she said.

Breyton's six-member team arrived in November 2005 and has split duty at Camp Arifjan and the Victory Base Complex in Baghdad.

"Our team works in conjunction with (ARCENT) C-3 and C-4. C-4 helps us with tracking the equipment and we work with C-3 on Mission Essential Equipment List (MEEL) issues," said Breyton. C-3 and C-4 then advise the Department of the Army on how to better direct unit transfers, she added.

The team communicates with deploying units to get a list of equipment they'll bring to theater. Upon the unit's redeployment, the team ensures the unit has either its original equipment or paperwork showing a transfer of TPE to the Army Material Command, which maintains accountability of the equipment when not in use.

The Soldiers also research undocumented equipment transfers from the first two OIF rotations, said Sgt. Major Jonna Pittman, the U.S. Army Reserve Command G4 sergeant major, in Atlanta, Ga.

Since the team's establishment, members have tracked and provided accountability for more than \$1 billion worth of equipment, including fuel distribution systems, trucks, tractors,

trailers, water purification systems, laundry and bath equipment, graders, and a wide variety of medical, engineering and transportation equipment, Breyton said.

In addition to saving the Army money, Breyton said she enjoys her time as chief of the team.

"This job is like cold-case

files; we use the Army's resources to find out about these undocumented transfers. I work with reserve units while deployed and have a better understanding of how the Army manages its equipment," she said.

By capturing and documenting TPE, Breyton and the team provides valuable information to the DA management system.

Their efforts also help ensure Reserve units receive equipment in return for the equipment transferred to other components, services or agencies.

Breyton encourages unit leaders concerned about the origin of their TPE or about property accountability to contact her at andrea.breyton@arifjan-arcent.army.mil or (318) 430-6157.

DoD launches CFC drive

Jim Garamone
American Forces Press Service

WASHINGTON, Sept. 26, 2006 – With a ceremony held Sept. 26, DoD launched the Pentagon's 2006 Combined Federal Campaign. The theme of this year's campaign, which runs through Dec. 15, is "Be a Star in Someone's Life."

Coast Guard Commandant Adm. Thad W. Allen is the honorary CFC chair for the National Capital Region drive. Allen, who was the lead coordinator for federal relief during the 2005 hurricane season, calls DoD "the Big Dog" in the CFC kennel. "You bring in big money," Allen said during today's kick-off ceremony. "Not only that, but you bring enormous impact across a wide-range of charities."

The goal for the year across the region is \$58 million. DoD's goal is \$16 million.

In 2005, the average DoD gift to CFC was \$309 from about 60 percent of the people in the department. The overall donation was \$15.2 million.

"The DoD goal we have this year is the highest we've ever set," said Michael Donley, the Pentagon's director of administration and management. He said he's confident the employees of the department will open their hearts and checkbooks to help others.

Allen attested to the help that the CFC provides to those in need. "During the more than six months I spent ... on the Gulf Coast, it was extraordinary for me to see these agencies I have dealt with over the years with

the Combined Federal Campaign do their work on the ground," he said. "We see a lot of these non-governmental organizations, these service agencies, these not-for-profit groups

working out there. You saw them on the news. But when you go there and they are feeding you, you get a new respect and insight on what they do.

"I can tell you that other than

MREs, they were the only restaurants of choice in New Orleans."

Allen urged all employees to examine the CFC charities and to be generous



Carolee Nisbet

Hero honored

Staff Sgt. Michael Hanna, 1/178th Field Artillery, 218th Infantry Brigade, South Carolina National Guard, receives best wishes and a Purple Heart from Col. Doug Dinon, deputy Fort Dix commander for mobilization, at a C Co. ceremony Sept. 19. Hanna was wounded Nov. 10, 2004, during a rocket attack on his convoy in Iraq.



Ed Mungin

Raising the flag

Every time a unit leaves Fort Dix to participate in the Global War on Terrorism, a yellow banner gets flown at Infantry Park. There are many banners now flying to remember units that have been sent, and this week another banner was raised for the 1/107 Cav. from Ohio. First Sgt. Steven Shepherd and Capt. David Haynes, shown at left, prepare to hang their banner before the unit's departure.



Ed Mungin

It's a gas

NBC School class 012 graduated Sept. 29, 2006. Back row, left to right, 2nd Lt. Kevin Bowen, Sgt. 1st Class John Beam, Sgt. Cassandra Collins, 1st Lt. James Sanders, Capt. Brian Martin. Front row, Spc. Jeffrey Elam and Spc. William Kristopher Johnson.

Chaplains' Corner

Chap. (Lt. Col.) Lee Hardgrove
Chaplain Staff

This column is entitled the "Chaplains' Corner" and it refers to our location in the Post newspaper. We also have street corners, room corners, and the expression "Who is in your Corner," which refers to the corner a fighter takes in the ring between rounds.

Who is in your spiritual corner? Do you sometimes feel that no one is in your corner and that you are all alone in this world? I know that there are times I feel like I am up against this strange world all by myself, and then I realize that is not true.

There are people I can turn to for support and advice and comfort. I have my wife and my children, and close friends and colleagues. I also have contacts in various groups that I might be involved with. There are also numerous support groups that our society has available for this kind of caring and nurturing.

But who is my corner 24/7 and can be turned to instantly at any time of the day or night? Well, some might think that the answer if one sees the list above would be my wife, and yes she is someone I can turn to almost all the time.

But there are instances and moments when she is not available or maybe is in need of support herself.

No, the one who is always in my corner is God and for me as a Christian chaplain, it is also Jesus Christ.

Regardless of our faith, all groups call upon

God for prayer. This is how we can instantly have someone in our corner 24/7. I can turn to God at any time of the day or night, in any location.

I might not be able to pray out loud but I can always pray to myself and seek the guidance, advice and comfort of God. I remember when they "outlawed" prayer in the public schools (yes, I am one of those old enough to remember when we started our school assemblies and concerts with prayer and even a Bible reading – really old!) and yet we in New York state always said that you can find entire room full of students praying before one takes a regents exam (for those not from New York – the state gives state-wide standardized tests for certain subjects and they are not a pleasant experience).

The truth of this is that we can turn to God at anytime and he is there. He is in our corner.

To me it is comforting to know that when I seem to be beaten up by life and need to "retreat to my corner" after the round is over that God is there. He patches up my spiritual wounds and heals my emotional cuts and bruises. He may even need to hit me with the smelling salts so I can get up and get back in to "fight the good fight."

Prayer is sometimes called the most powerful force we have in our lives because we are talking to our God, and God can do things for us we cannot do for ourselves.

Is God in your corner?
I hope and pray that he is because he is the only one who is always there when you call on him and he will there for now and all eternity.



photos by Carolee Nisbet

Crowning achievement

Champions were crowned at the Fountain Green Club Championship, held this past weekend at the Fort Dix golf course. Suki White was the ladies winner, with a score of 193. The overall winner was Kevin Kauffman, who shot a 147.

Wildcats have it covered



Ed Mingin

UNSTOPPABLE -- Staff Sgt. Jack Smith leads the Wildcats to a 24-7 victory over MWR this past Tuesday night. The Wildcats currently lead the flag football league with a perfect 4-0 record.

Shorter days and cooler nights can only mean one thing, it's football season. For the past couple of weeks, the Fort Dix Flag Football League has been in action.

Though it's early in the season, the Wildcats seem to have the field covered, as they've beaten all comers and have a perfect 4-0 record.

MRB follows the Wildcats closely, as they've only lost one game. Of course that loss came against the Wildcats.

MWR fields a talented and enthusiastic team that is always a threat. They currently hold third place in the league with a 1-3 record.

Still looking for their first victory this year, EOD remains aggressive and a dangerous opponent.

Keep an eye in the Post to see if the Wildcats remain unbeaten.

Results	
MRB over EOD	28-19
Wildcats over MWR	24-7

Standings	
Wildcats	4-0
MRB	3-1
MWR	1-3
EOD	0-4

Bidding a fond farewell



Ed Mingin

For the past several years, anyone entering the Griffith Field House was greeted by the warm smile and outgoing personality of Cora Lei Nguyen. Two years ago, the longtime fitness trainer was joined at the Field House by her husband Tony, who took over as director after retiring from the Air Force. Things will be a bit different now at the gym, as Tony and Cora have left Fort Dix and are moving to the next phase of their lives. To wish them good luck in their new endeavors, the crew at the Field House held a spirited farewell luncheon for the popular couple at Club Dix last Friday, Sept. 22.

Injuries key in loss

Ed Mingin
Public Affairs Staff

Injuries took their toll on the Fort Dix Chargers this past weekend, when they traveled to Florence to play the Flashers.

Because of the injuries, players were forced to play in unfamiliar positions.

"We had seven players out for this game due to sickness and injuries," said Mitey-Mites coach Andy Middleton. "We physically wore down because a lot of the kids had to play both offense and defense the entire game. We were forced to play our quarterback, Tarel Grant, both offense and defense. He happens to be the best pure tackler we have. I have to take my hat off to the kid for playing so well."

The Mitey-Mites still played a strong game, but were not able to overcome their injuries.

"The score was 14-0," said Middleton after the game.

"I felt like the teams were evenly matched. We went for it on the fourth down with 30 seconds to go before halftime and we didn't get the first down. They got the ball back and with less than 30 seconds they scored a touchdown and brought the score to 7-0 at the half," said the coach.

"Many of our kids were playing positions they haven't played before. We had to take Josh Dixon, who never played offense, and put him in at Tight End for blocking, because he's bigger than most of our other kids that were left. Luc Lacher filled in at Center because our starting center, Cliff Pinckney, was out with asthma. Luc did an excellent job!" said Middleton. "Also great on defense was Sean Hoggs. He looked like Roy Williams out there, laying licks on people and playing defense. All the kids played well and they can hold their heads high because it was a very hard-fought game. They are improving every week."

The Mitey-Mites will travel to RV this Sunday for a non-time start.

The Pee-Wees also had some players out this week, including Anthony Shoffner, who suffered a foot injury against New Egypt. "The Pee-Wees are plagued with injuries to key players," coach Steve Uzleber after the 22-6 loss to Florence.

Because of the injuries, the Pee-Wees were also forced to put players in unfamiliar positions.



Ed Mingin

TOUCHDOWN CONNECTION -- Brandon Cromwell was on the receiving end of a Troy Savage pass for a touchdown against Florence. It was the only score for the Pee-Wees, as they lost 22-6. Fort Dix also lost against Florence in the Mitey-Mite and Midget divisions. The Midgets will have a bye this week, and gear up to play Hamilton West on Oct. 8. The rest of the Chargers hope to be back in the win column this week, when they travel to New Egypt to play the Warriors.

Anthony O'Donnell played well for his first game on defense," said Coach U. "For the most part we played Florence even. They had two big pass plays and a kick return for touchdowns that hurt us."

The game was close at halftime, as the Chargers hit the end zone when Troy Savage hit Brandon Cromwell to score the lone touchdown for Fort Dix. Uzleber said he felt the Chargers had momentum heading into the half, but Florence came out strong for the second half.

"Florence returned the second half kick off for a touchdown then recovered the ensuing outside kick which led to their third score," said Uzleber. "Our offense spent most of the third quarter on the sidelines which made it impossible to launch a comeback."

The Pee-Wees will be back in action next week, when they play at New Egypt. The Warriors beat the Chargers 13-0 two weeks ago, but Uzleber is hoping to change things around for this game.

"I plan to make offensive and defensive adjustments so our best players will be in position to make the plays," he said.

The Pee-Wees will travel to New Egypt this Saturday for a 6:20 start.

In the Midget division, the Chargers suffered their first loss this past week, as they fell 9-0 against Florence. The Midgets were perfect up to that point, going 2-0 at the start of the season.

They will get some rest before their next game, as they have a bye this week. The team hopes to get back on the winning track when they host Hamilton West Oct. 8. Game time for the Midgets will be 1:40.

Sports Shorts

Griffith Field House
Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Doughboy Gym
Newport Ave.
Monday - Friday
5 to 9 p.m.
Closed weekends

Aquatics
Winter hours are now in place for the indoor pool.

Lap Swim
Mon. - Fri.
Retirees/adult dependents/
working DOD
6 a.m. - 8 a.m.
10 a.m. - 11:30 a.m.
Active duty/working DOD
11:30 a.m. - 1 p.m.

Sat.
Retirees/adult dependents/
working DOD
10:30 a.m. - noon

Rec. Swim
Mon. - Fri.
1 p.m. - 5 p.m.

Sat.
Noon - 6 p.m.
Fees for Rec. Swim: Military-
\$2 Non-military-\$4

Hydro Aerobics
Mon. and Wed.
7:30 p.m. - 8:30 p.m.

Sat.
10:30 a.m.
Cost: \$3 per visit.

Local track offers military discount
Once again New Egypt Speedway is offering a discount off the price of an adult

admission ticket to all active duty military personnel and their spouses, with proper ID. The military discount is for Saturday night racing programs at the track located on Route 539 in Plumsted Twp.

This Saturday night is the final race of the season. This is a special "run what ya brung" race, where the normal rules don't apply. Drivers are limited only by their imagination.

For more info visit the track's website at www.newegyptsspeedway.net.

Chargers Football
Saturday, Sept. 30 will see the Pee-wees travel to New Egypt to play the Warriors. Game starts at 6:20 p.m.

The Mitey-Mites will travel to play against Rancocas Valley. Game starts at noon.